



Are You at Risk for Heart Disease?

Look at the list of risk factors below.

Check all the risk factors you have.

☒ **Risk factors you can do something about:**

- | | |
|--|-----------------------------------|
| <input type="checkbox"/> Being overweight | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Lack of physical activity | |
| <input type="checkbox"/> High blood cholesterol | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Cigarette smoking | |

The more risk factors you have, the greater your chances of developing heart disease.

✓ Risk factors you cannot change:

- Age (45 years or older for men, 55 years or older for women)
- Family history
 - Father or brother with heart disease before age 55
 - Mother or sister with heart disease before age 65



Lola: “The good news is that my family and I can do many things to lower our risk for heart disease. I am changing my habits because I want to be at my children’s graduations and weddings.”

